



Unit V – Wellness, Fitness and First Aid

Chapter 2 - Evaluating Your Physical Fitness

Section 1 – Evaluating Your Physical Fitness



What You Will Learn to Do

Understand the basic physical exercises
paramount for success in NJROTC



Objectives

1. Explain why stretching is important to building healthy skills
2. Describe the proper technique for the three basic physical fitness exercises evaluated in NJROTC
3. Describe the Presidential Physical Fitness Award
4. Identify the events in the Presidential Physical Fitness Award



Key Terms

Curl-ups -

One of the four events in the PFT consisting of a sit-up movement from a lying position up to the point where your elbows touch your thighs

Presidential Physical Fitness Award (PPFA) -

An award earned by achieving a standard of 85% or higher on the Presidential Physical Fitness Test



Key Terms

Pull-ups -

An exercise that consists of pulling the body up from a dead-weight hanging position on a bar to having the chin clear of the bar

V-sit reach -

One of the five events of the Presidential Physical Fitness Test that consists of stretching a number of inches past an established baseline



Key Terms

Shuttle run -

One of the five events of the Presidential Physical Fitness Test that consists of a run back and forth between two points 30 feet apart

Flexed-arm hang -

An alternative event for the pull-up in the Presidential Physical Fitness Test



Introduction

The **Physical Fitness Test (PFT)** is a great opportunity for you to see just how fit you are.



The four activities involved in the PFT require:

- Flexibility
- Endurance
- Strength
- Speed



Introduction

What can the PFT do for you?

- Provide an understanding and appreciation of fitness
- Show how exercise can improve your health, appearance and self-confidence
- Provide personal satisfaction in striving to achieve a goal with recorded progress





Building Health Skills

It is important to protect your body as well as develop health skills by including a proper:

- Warm up
- Cool down
- Stretch

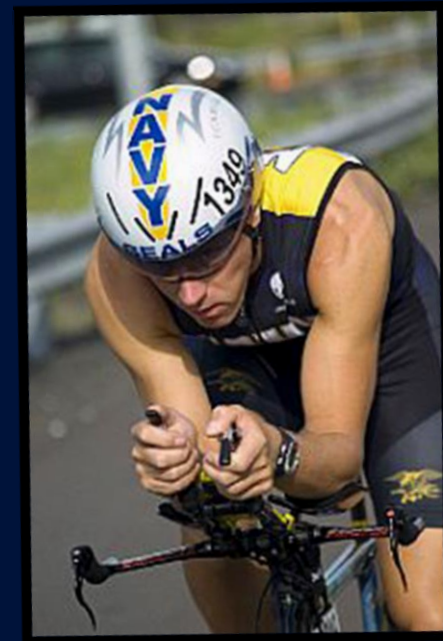
These activities provide **essential conditioning** to ensure your body can sustain periods of exercise like the PFT.



Warming up, Cooling Down, and Stretching

Strenuous activities put stress on your bones, muscles, and tendons.

Let's review how you should prepare before an activity, and how you can minimize the effects of the stress following the exercise...





Warming up, Cooling Down, and Stretching



Before a workout, use slow movement to warm the muscles you will use.

Once warmed, stretch the muscles you will use.

After a workout, use slow movements to cool down the muscles you used.

Once they are cooled, stretch the muscles again.

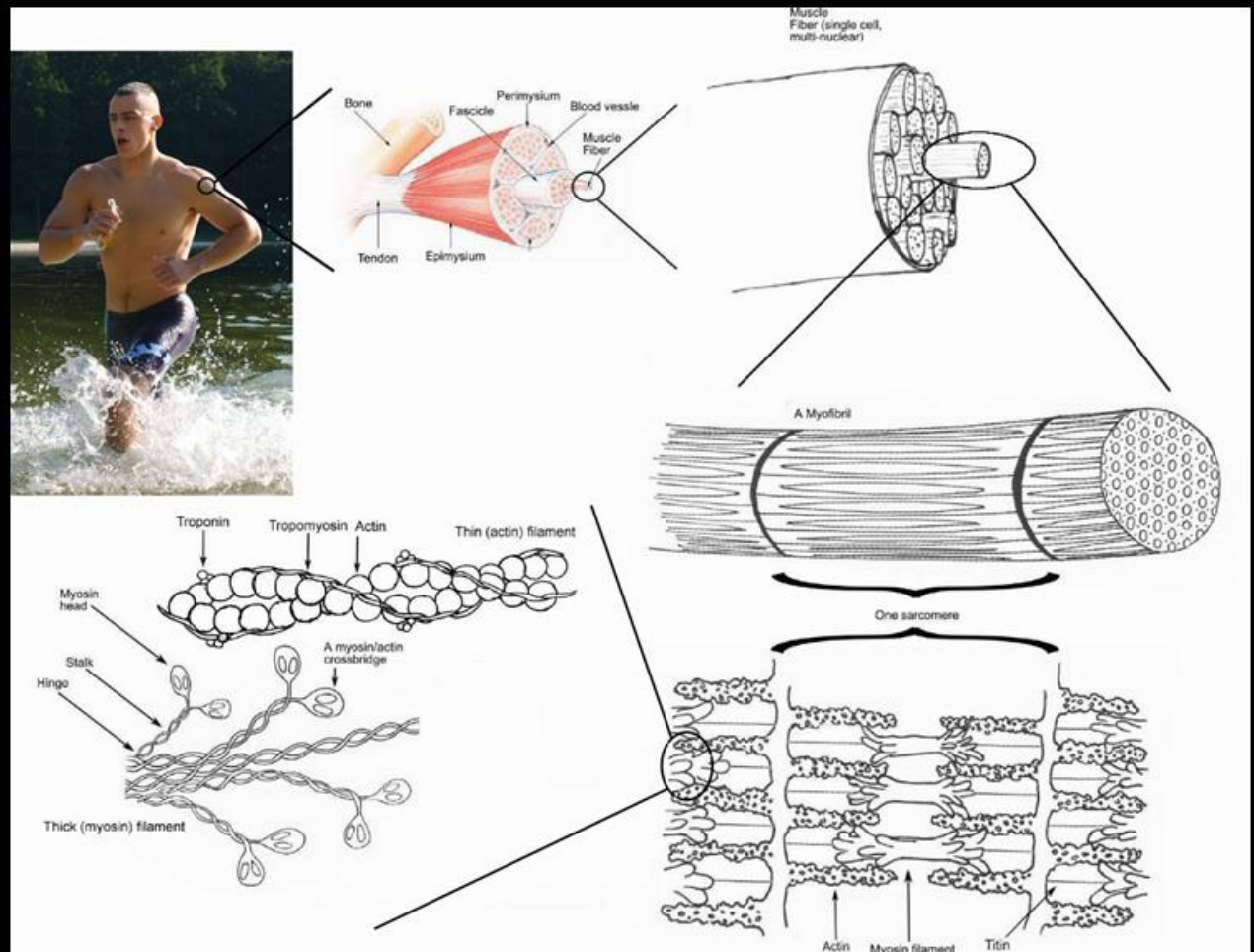




Warming up, Cooling Down, and Stretching



Do not bounce during your warm-ups and stretches. It can tear the muscle fibers.

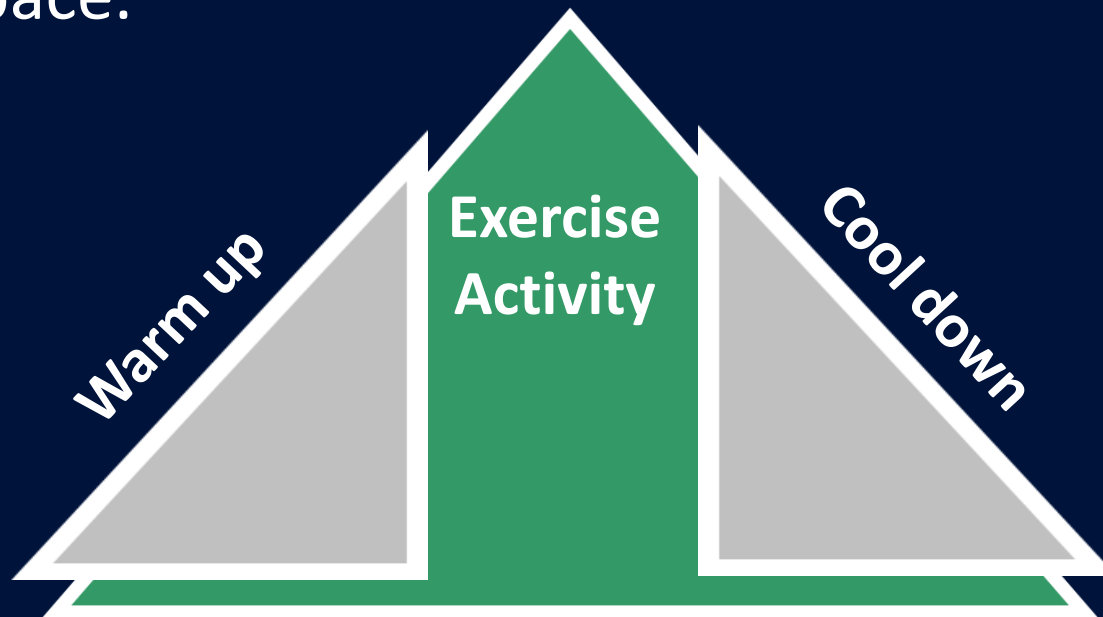




Warming Up and Cooling Down

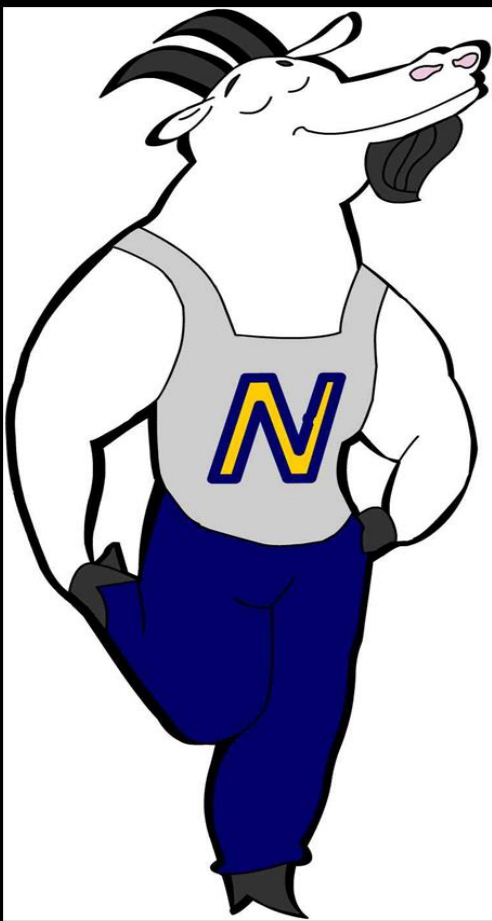
Before the workout, do the activity slowly. This warms and prepares your muscles.

After the workout, move the same muscles at a reduced pace.





Warming up, Cooling Down, and Stretching



No single stretching exercise is appropriate for every activity, but the five exercises that follow are a base to build upon.

Do not rush the warm-ups; a pulled muscle can delay exercising much longer than the time needed for warm ups.



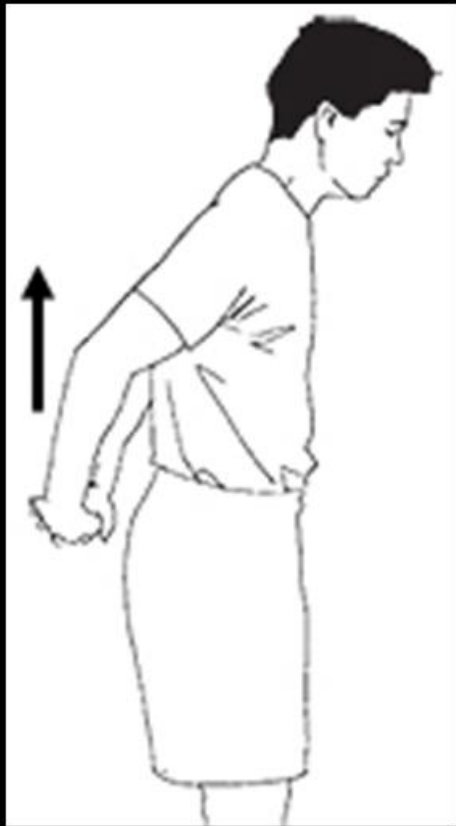
Side Stretch



- Feet apart
- Knees bent
- One hand on hip
- Opposite arm overhead
- Stretch to the side
- Hold 15 seconds
- Repeat in other direction
- Repeat 5 times each direction



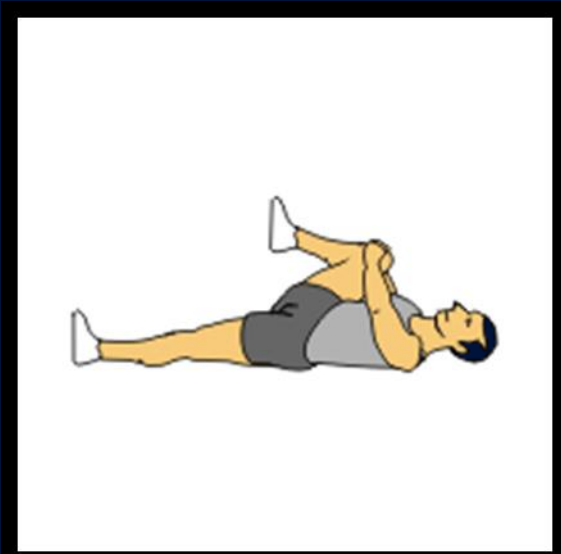
Hand Grasp



- Feet apart
- Knees slightly bent
- Grasp hands behind back
- Lean over at waist
- Pull arms up behind
- Hold for 15 seconds



Lower Back Curl



- Lie on back with legs extended
- Bring one knee to chest
- Grasp leg behind knee
- Pull knee closer to chest
- Curl shoulders to knee
- Hold 15 seconds
- Repeat with other knee



Calf Stretch



- Place hands on hips
- Stand in a stride position with right leg forward
- Lean upper body forward
- Bend right leg
- Extend left leg back in a line with upper body
- Push left heel to ground
- Hold 15 seconds
- Repeat with other leg
- Repeat 5 times each leg



Hamstring Stretch



- Sit on floor
- Extend one leg
- Tuck other foot to thigh
- Reach over extended leg
- Slide hands down until you feel a stretch
- Hold 15 seconds
- Repeat with other leg
- Repeat each leg twice



Stretching

Give these five exercises a try....

- Do them every day for a week, and record how you feel before and after.
- Then evaluate the routine and the benefits.
- Or, select a favorite sport or activity and ask a physical education teacher or coach to suggest a warm-up routine specific to what you like to do.



Basic Rules of Exercise

Rules for preparing for the PFT:

- Exercise at least 3 times a week
- Begin by warming up for 5-7 minutes
- Spend at least 20 minutes conditioning
- End by cooling down for 4-6 minutes
- Do sit/reach in your warm-up and cool down exercises

Your exercise program should include aerobics, anaerobics and stretching – to make you stronger, feel good about yourself and appreciate health and fitness.





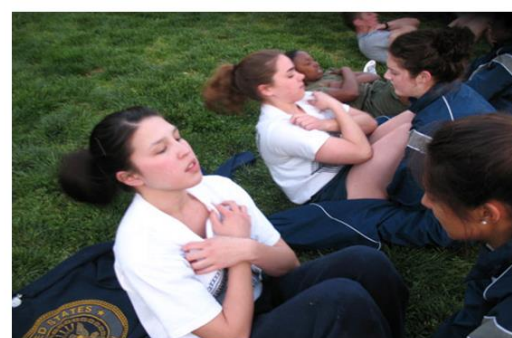
NJROTC Cadet Challenge

The **Cadet Challenge** consists of four events:

Sit and
Reach



Curl-ups



Right
Angle
Push-ups



Run /
Walk





Sit and Reach



- First do your warm-up
- Sit on floor, knees fully extended, feet together, ankles at right angles, toes up
- Slowly attempt to touch the tips of your toes
- Hold for one second
- Three attempts



Curl-ups



- Do curl-ups on a clean flat surface with a mat
- Lie on back with knees up and feet flat on floor
- Partner holds feet
- Cross arms to opposite shoulders
- Curl up, touch elbows to thighs
- Lower back down = 1 rep



Right Angle Push-ups

- Face down on mat / floor
- Hands under shoulders, fingers straight, legs parallel, toes supporting feet
- Straighten arms to push off ground
- Keep back/buttocks and knees straight
- Lower body to 90° angle at elbow
- Partner may hold fist under chest
- Lower to touch fist
- Return to up position = 1 rep





Run / Walk



- Cardiorespiratory endurance measurement
- Flat area with measured distance Start/Finish
- Standing position
- Run distance (1 mile)
- Walking permitted, but shortest time = best score



Improving Your Scores

The **Cadet Challenge** events test your endurance and physical strength. You should always do your best, but your initial score just establishes a baseline.



From that starting point, you can develop an exercise routine to improve your score and your health.



More Than Healthy Rewards

The **President's Challenge Program** was designed to encourage Americans to be active as part of their everyday lives. The program was very similar to the **NJROTC Cadet Challenge**.

Its events measure the following:

- Muscular strength/endurance
- Cardiorespiratory endurance
- Speed
- Agility
- Flexibility



NJROTC Cadet Challenge

The events which are tested for the Cadet Challenge are:

- Curl-ups (or partial curl-ups)
- Push ups
- V-sit reach
- One mile run



NJROTC Cadet Challenge



| Standards | | | | | | | | | | | |
|-------------------|-----------|-----------|---------------|-----------|------------|---------------|-----------|-------------|-----------|-----------|------------|
| Curl Ups | | | FEMALE | | | | | MALE | | | |
| | 13 | 14 | 15 | 16 | 17+ | | 13 | 14 | 15 | 16 | 17+ |
| Outstanding | 46 | 47 | 48 | 45 | 44 | GOLD | 53 | 56 | 57 | 56 | 55 |
| Excellent | 42 | 42 | 41 | 40 | 38 | SILVER | 48 | 51 | 51 | 50 | 50 |
| Good | 40 | 40 | 39 | 37 | 36 | BRONZE | 45 | 48 | 49 | 48 | 46 |
| Satisfactory | 33 | 34 | 32 | 32 | 30 | RIBBON | 39 | 41 | 41 | 40 | 40 |
| | | | | | | | | | | | |
| Push-Ups | | | FEMALE | | | | | MALE | | | |
| | 13 | 14 | 15 | 16 | 17+ | | 13 | 14 | 15 | 16 | 17+ |
| Outstanding | 21 | 20 | 20 | 24 | 25 | GOLD | 39 | 40 | 42 | 44 | 53 |
| Excellent | 15 | 12 | 18 | 19 | 19 | SILVER | 31 | 30 | 35 | 36 | 44 |
| Good | 13 | 10 | 16 | 15 | 17 | BRONZE | 28 | 25 | 32 | 32 | 41 |
| Satisfactory | 8 | 5 | 11 | 11 | 14 | RIBBON | 20 | 20 | 25 | 25 | 30 |
| | | | | | | | | | | | |
| 1 Mile Run | | | FEMALE | | | | | MALE | | | |
| | 13 | 14 | 15 | 16 | 17+ | | 13 | 14 | 15 | 16 | 17+ |
| Outstanding | 8:13 | 7:59 | 8:08 | 8:23 | 8:15 | GOLD | 6:50 | 6:26 | 6:20 | 6:08 | 6:06 |
| Excellent | 9:09 | 8:50 | 8:55 | 9:11 | 9:15 | SILVER | 7:20 | 6:59 | 6:48 | 6:33 | 6:32 |
| Good | 9:50 | 9:27 | 9:23 | 9:48 | 9:51 | BRONZE | 7:41 | 7:19 | 7:06 | 6:50 | 6:50 |
| Satisfactory | 11:40 | 11:10 | 11:00 | 11:44 | 11:20 | RIBBON | 8:54 | 8:30 | 8:08 | 7:53 | 7:35 |



NJROTC Cadet Challenge



| Total Points | Performance | Award |
|--------------|--------------|---|
| 150-179 | Satisfactory | Physical Fitness Ribbon |
| 180-209 | Good | Physical Fitness Ribbon Plus Bronze Lamp |
| 210-239 | Excellent | Physical Fitness Ribbon Plus Silver Lamp |
| 240 + | Outstanding | Physical Fitness Ribbon Plus Gold Lamp |



Conclusion

- The initial Physical Fitness Test is just an introduction to a specific goal.
- Your scores will improve as you continue to practice.



- Make healthy changes in your lifestyle, work hard to reach this goal, and it will make you a stronger, healthier individual, both mentally and physically.
- It will also bring you the satisfaction of a **job well done.**



Questions?

